

How can watching a nature or relaxation video relieve stress?

TASK TIME: 10 MINUTES

Exercise:

This week take a few minutes each day to watch a Destination Relaxation video. Note which scenes and sounds relax you more and how it makes you feel.

Plymouth, Massachusetts, Cranberry Bog

[Listen Now!](#)



Nature has a calming effect on the mind and body, and viewing images or videos of natural landscapes, such as mountains, forests, or oceans, can help to promote a sense of peace and tranquility.

Nature relaxation videos can be useful because they can:

- Reduce physiological stress markers, such as heart rate and blood pressure
- Decrease self-reported stress levels
- Improve mood and overall well-being
- Help to lower cortisol levels, which is a stress hormone
- Help to improve focus, attention and concentration

It's important to keep in mind that not all nature relaxation videos are the same, some may contain background music or nature sound effects, which can be helpful for some people, but not for others. Experiment with different types of nature relaxation videos to find the one that works best for you. Search and you will find many different types of relaxation videos on MY STRESS TOOLS.